



MAPLE BLUEBERRY SAUSAGE



YIELDS

8 small
patties



TIME

20 min

INGREDIENTS

- 1 lb ground Pork
- 1 tbsp Maple Syrup
- 1 tsp Garlic Powder (*omit for a sweeter sausage*)
- 1 tsp Onion Powder (*omit for a sweeter sausage*)
- 1/2 tsp dried Sage
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Coconut Oil, Avocado Oil, Olive Oil, or Lard

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Substitutions:

Don't eat pork? Replace the ground pork with ground chicken, turkey, or beef!

You can replace the berries as well - cranberries, chopped blackberries, huckleberries, chopped raspberries, etc - whatever you have and like!

DIRECTIONS

Mix everything except for the blueberries and coconut oil together in a large bowl. Once evenly mixed, gently mix in the blueberries.

Form into 8 patties. Heat the coconut oil in a large pan over medium heat. Place the patties in the pan and cook for 5 min a side or until cooked all the way through (no pink remains).

You can alternatively cook these in the oven at 350 F for 20 minutes or until cooked through (no pink remains). They won't brown like they will in the pan, but it's more hands-off.

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Make ahead:

Make ahead and refrigerate for up to 5 days.

These are a great option to make a double or triple batch of and then freeze for later. To freeze, lay the cooked patties on a baking sheet or dish and freeze, then remove and put into a freezer-safe container or bag. This way you'll easily be able to get 1-2 at a time. Simply reheat in the microwave or on the stove.